

**Crew Rest**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:00	CDR	BREAKFAST
06:40–07:10	FE-2, FE-1	
07:00–07:10	CDR	Setup for TV pass (configuration test)
07:10–07:30		New Year's address: ??? (Russian State TV Channel)
07:50–08:30	CDR	Maintenance of ???
08:30–08:40		Inspection of ???-1 separator
08:45–09:00		Private family conference (S-band)
09:00–10:00	FE-1	Physical exercise (TVIS)
10:00–11:30		Physical exercise (RED)
10:20–10:25	CDR	Calldown of ??? data
10:25–10:30		Calldown of ?? counter data
10:30–11:30	FE-2	Physical exercise (TVIS)
11:30–13:00		Physical exercise (RED)
13:00–14:00		LUNCH
14:00–14:25	FE-1	Increment 4 payload status check
15:00–15:15		Private psychological support conference (S-band)
15:15–15:30	FE-2	
16:50–17:05		Private family conference (S-band)
17:15–17:45		Review of plan for upcoming day
17:45–18:00		Daily planning conference (S-band)
19:00–19:30		Work prep
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30	CDR, FE-2	Personal hygiene (pre-sleep)
20:30–20:45	FE-1	Private family conference (S-band)
20:45–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

**NOTE:** See OSTP for references to US activities

End of radiogram